



BENEFITS OF BREASTFEEDING

Women face a challenge when deciding whether or not to breastfeed their newborn. The good news is that breastfeeding can be very beneficial to moms and babies alike. Aside from being economical, check out some other health benefits associated with breastfeeding.

Benefits to baby

- Protects against infections and illnesses
- Reduces chances of developing allergies
- Enhances development of intelligence
- Promotes dental health and straight teeth
- Protects child from obesity
- Lowers baby's risk of SIDS

Benefits to mom

- Decreases risk of breast, uterine and endometrial cancer
- Reduces insulin requirements for diabetic women
- Decreases likelihood of developing osteoporosis
- Promotes postpartum weight loss
- Reduces stress in new moms and lowers chance of postpartum depression

DON'T FORGET TO STRETCH!